



## ITM Free Resource for Day 22: August 22, 2023

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### Today's Topic: *I'm Ashamed/Embarrassed of The Way I Acted*

Did something happen recently, and upon reflection you feel ashamed or embarrassed of the way you acted? Wish you had done or said something different? Or maybe it was something that happened a while ago, and every time you are reminded of it, you cringe inside?

So let's Tap for it! As always, wash your hands and have some water handy. Let's begin, shall we?

*[Make sure you take responsibility for your actions. Thus, stop if needed. And, if you first need/want to seek the advice of your mental/medical health professional, do so. This resource is not meant as treatment or to be a diagnosis. It is provided merely as information.]*

### ***"I'm Ashamed/Embarrassed of The Way I Acted"***

When you say this out loud, what comes up for you? Or make your own statement. But, be as specific as possible. Or perhaps you feel something in your body, perhaps your chest. Make note of these things.

Write down what's coming up for you below. And, make note of how strongly you feel about everything on a scale of 0 (calmest) to 10 (most riled).

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Then, form your own set-up statement, using the following sample and one Tapping points round as a starting guide. Begin Tapping on the Side of Hand and say:

***"Even though I'm so ashamed and embarrassed about the way I acted when \_\_, that's just where I'm at." (Or, "I deeply and completely love and accept myself".)***

<b>Side of hand:</b>	See above, state three times	<b>Chin:</b>	<i>I cringe just thinking about it</i>
<b>Eyebrow:</b>	<i>I'm so ashamed of my actions</i>	<b>Collarbone:</b>	<i>I'm so ashamed for what I did/said</i>
<b>Side of eye:</b>	<i>I'm embarrassed about it</i>	<b>Under arm:</b>	<i>And, I'm embarrassed about it</i>
<b>Under eye:</b>	<i>I can't believe I did/said that</i>	<b>Top of head:</b>	<i>I wish I didn't do/say that!</i>
<b>Under nose:</b>	<i>I wish I hadn't done/said it</i>		

So just start Tapping. Do as many rounds as needed. (Know that the feeling may intensify; this is normal and is a great sign that things are shifting for you. Just continue Tapping when you can.)

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Jot down whatever comes up for you below. Take note of where you are on the 0 to 10 scale, with zero being calm and relaxed and 10 feeling really charged up about things.

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Another set-up statement sample for your convenience for today's topic: **I'm Ashamed/Embarrassed of The Way I Acted.**

*"Even though I can't believe I did that, I'm so embarrassed and ashamed, that's just where I'm at." (Or, "I deeply and completely love and accept myself.")*

Notes:

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After completing these rounds of EFT Tapping for the theme, **I'm Ashamed/Embarrassed of The Way I Acted.**

But, do take note of how you're feeling and where to continue in your next round.

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*Happy Tapping!*

- The ITM Team